

**Call 1-800-280-3782**

When you are on the phone with them:

1. Ask for the EAP program; the first three counseling visits are at no cost to you;
2. If you are looking for a psychiatrist, not a counselor, they will assist in locating a provider for you (follow the same instructions below)
3. Please give them your zip code (so you are not going all over town)
4. Please give them a brief description of the specialty of the provider you are looking for (dep, anxiety, etc.)
5. They are going to give you a few names,
6. They are going to give you a case number, give this case number to your chosen provider,
7. When you call the provider, more than likely, you will get an answering machine. If you have to leave a message, let them know that the phone number they call back; it is ok to leave a message.
8. When they ask what your insurance is, tell them BHO (they do not know who the Electrical Workers are, as these providers are contracted under BHO).

**\*\*\*IF YOU RUN INTO ANY ISSUES OR BARRIERS, PLEASE CONTACT CANDACE MADDEN AT  
702-452-3903 OR 702-241-2969\*\*\***